

Keep a headache diary

Question: I have had headaches for so long I can't tell when or how they started. Can you help me figure out what causes my headaches and can you help me get rid of them?

Answer: Before your chiropractic appointment for treatment of your headaches, consider the following questions and bring your answers to the appointment. If you suffer from frequent headaches, keep a daily journal answering the pertinent questions, as your answers may help you and your doctor recognize your headache triggers.

1. How old are you now, and at what age did your headaches begin?
2. Have you had any changes in diet, stress, habits, or lifestyle?
3. Did anything unusual occur before the headache started?
4. How often do you have a headache?
5. Do headaches occur at regular intervals or at specific times of the day?
6. Where do you experience pain first?
7. How intense is the pain? (Categorizing pain on "0 = no pain to 10 = severe pain" scale may help you describe your pain.)
8. How quickly do your headaches begin and how long does it take for the pain to peak?
9. How long do your headaches last?
10. Do other symptoms appear before the actual pain?
11. Do other symptoms accompany the headache at all-and in what order do they appear?

12. What relieves the pain?

13. Do other family members get headaches?

14. What prompted you to seek chiropractic treatments now?

15. How often do you take over-the-counter medications? What kind do you take?

Chiropractic has been an excellent choice for relieving headaches for many patients. Hopefully your suffering will come to an end.

Quote of the week: *“People in the same boat should help each other.”* -

Chinese proverb